Smoothing the flow

A new sequence today:

Rotation Into Low Bridge - QDR 2 QDR Role

ROTATION INTO LOW BRIDGE - QDR 2 QDR ROLE

From a squat, start a Rotation Into Low Bridge, continuing with the second hand to the QDR position. Lean sideways with your body and shift more weight into the QDR support arm. Slide the first hand across the second hand, while rotating the body along its axis and performing a type of a Role with the legs. As you place the first hand in its new position, continue the Role into a new QDR position on that hand and slide out from it sideways into a squat.

Important notes:

1. The first QDR position needs to be stable and support the majority of your bodyweight in order for the 'slide out' to happen smoothly. You need this stable support in order to move every other body part around it. ('Give me a fulcrum and I shall move the world' as Archimedes said)
2. The head should also slide on the floor along with the body and the first hand - keep it close to the ground, as there is a tendency to lift it above the floor.
3. Make sure you articulate the exit from the second QDR position and out into the squat. First reach the 'one leg bent and the other straight' position and then slide out into the squat. Don’t forget, 'the devil is in the details'. (I like better the Hebrew version - 'God is in the small details')

Floreio Workout Beginner

Warm Up - Mobility
A1. 5 min Joint Mobility
A2. Wrists Routine X 1 set
A3. Shoulder ROM and Stabilization routine X 1 set
A4. Ido's Squat Clinic Routine X 1 set
A5. Scapula Mobilization Routine X 1 set

Equilibre
B1. Handstand Body Line Wall Drill X 10-20 sec X 3 sets / 45-60 sec of rest

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C1. Head Bridge To QDR Work (choose the variation you are capable of) 10-20 reps / 3 sets / 60 sec
D1. Rotations into High Bridge X 10 reps / 3 sets / 60 sec rest
or
D1. High Bridge Static Hold 30 sec
D2. Rotations Into Arch Using The Wall X 10 reps / 3 sets / 60 sec rest after D2
E1. QDR Rotational Push Ups -Beginner variation X 10-14 reps / 3 sets / 60 sec of rest
F1. Role work, right-left-left-right-left, etc.. (In Random) as little rest as you can for 3 minutes straight. Flow around the floor. Sweat will go flying. Good stuff!

Prehab
G1. Shoulder ROM and Stabilization routine X 2 sets / 60 sec rest

Workout Intermediate

Warm Up - Mobility
A1. 5 min Joint Mobility
A2. Wrists Routine X 1 set
A3. Shoulder ROM and Stabilization routine X 1 set

A4. Ido's Squat Clinic Routine X 1 set
A5. Scapula Mobilization Routine X 1 set

Equilibre
B1. Handstand Body Line Wall Drill X 20-30 sec X 3 sets / 45-60 sec of rest

Floreio
C1. Rotation Into High Bridge to Head to QDR Exit X 10 reps / 3 sets / 60 sec
D1. Queda Batido - easy variation X 16-20 reps / 3 sets / 60 sec of rest
E1. CSF X 75 sec / 3 sets / 90 sec rest (Add any skills you have acquired that can combine into the CFS, emphesize sequences incorporating Role)

Prehab
G1. Shoulder ROM and Stabilization routine X 2 sets / 60 sec rest

Workout of the day - Advanced

Warm Up - Mobility
A1. 5 min Joint Mobility
A2. Wrists Routine X 1 set
A3. Shoulder ROM and Stabilization routine X 1 set
A4. Ido's Squat Clinic Routine X 1 set
A5. Scapula Mobilization Routine X 1 set

Equilibre
B1. Handstand Body Line Wall Drill X 35 sec
B2. Handstand Straighten Into Line X 50 sec total work
Complete 2 cycles of B1-B2, resting 60 sec between exercises

Floreio
C1. Rotation Into Low Bridge - QDR 2 QDR Role 10 reps X 3 sets / 60 sec
D1. Queda Batido - advanced variation X 20 reps / 3 sets / 45 sec of rest
E1. CSF X 75 sec / 3 sets / 90 sec rest (Add any skills you have acquired that can combine into the CFS)

Prehab
G1. Shoulder ROM and Stabilization routine X 2 sets / 60 sec rest